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# MAINE

MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

2003

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**Table 2d. Percentage of Middle School Students Who Had Rarely or Never Worn Seatbelts\* and Who Had Ever Ridden in a Car with a Driver Who Had Been Drinking Alcohol, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>†</sup> (±)	%	CI (±)	%	CI (±)
<b>Rarely or never wore seat belts</b>						
<b>Race/Ethnicity</b>						
White <sup>§</sup>	15.4	2.8	8.1	2.2	11.9	2.3
Black <sup>§</sup>	— <sup>¶</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	16.1	6.4	18.1	11.5	17.1	8.2
<b>Grade</b>						
6	—	—	—	—	—	—
7	14.6	3.3	6.8	2.0	11.0	2.1
8	16.2	3.9	9.6	3.2	13.1	3.1
<b>Total</b>	15.5	2.7	8.6	2.1	12.2	2.2
<b>Rode with a driver who had been drinking alcohol</b>						
<b>Race/Ethnicity</b>						
White	28.1	4.3	30.6	6.5	29.4	4.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	33.3	8.8	32.8	10.7	32.8	6.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	24.2	2.7	28.3	7.4	26.2	4.4
8	32.9	6.2	33.9	5.9	33.5	5.0
<b>Total</b>	28.7	3.9	30.9	6.3	29.8	4.5

\*When riding in a car.

†95% confidence interval.

§Non-Hispanic.

¶Not available.

**Table 3d. Percentage of Middle School Students Who Had Rarely or Never Worn Bicycle Helmets\* or Rollerblade or Skateboard Helmets,† by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>§</sup> (±)	%	CI (±)	%	CI (±)
<b>Rarely or never wore bicycle helmets</b>						
<b>Race/Ethnicity</b>						
White <sup>¶</sup>	52.1	5.9	43.5	5.2	48.1	4.6
Black <sup>†</sup>	— <sup>**</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	56.5	10.7	49.2	11.2	52.1	9.3
<b>Grade</b>						
6	—	—	—	—	—	—
7	49.4	6.5	39.9	6.8	44.9	5.5
8	55.1	7.2	48.1	6.9	52.0	5.1
<b>Total</b>	52.5	5.7	44.1	5.2	48.5	4.3
<b>Rarely or never wore a helmet when using rollerblades or riding a skateboard</b>						
<b>Race/Ethnicity</b>						
White	64.8	4.9	61.2	4.9	63.1	3.8
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	60.7	9.7
<b>Grade</b>						
6	—	—	—	—	—	—
7	61.2	6.5	58.8	5.2	60.1	5.2
8	67.7	7.3	64.7	7.0	66.2	5.5
<b>Total</b>	64.4	4.7	61.7	4.7	63.0	3.7

\*Among the 92.5% of students who had ridden a bicycle.

†Among the 69.4% of students who had used rollerblades or ridden a skateboard.

§95% confidence interval.

¶Non-Hispanic.

\*\*Not available.

**Table 4d. Percentage of Middle School Students Who Had Ever Carried a Weapon,\* Who Had Ever Been in a Physical Fight, and Who Had Ever Been Hurt in a Physical Fight,† by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>§</sup> (±)	%	CI (±)	%	CI (±)
<b>Carried a weapon</b>						
<b>Race/Ethnicity</b>						
White <sup>¶</sup>	54.4	4.9	21.3	5.2	38.2	4.8
Black <sup>¶</sup>	— <sup>**</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	58.2	9.4	24.0	13.8	41.0	10.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	52.3	5.7	22.9	6.6	38.0	5.7
8	56.8	5.9	19.5	4.7	38.6	4.8
<b>Total</b>	54.5	4.8	21.5	5.0	38.3	4.7
<b>Were in a physical fight</b>						
<b>Race/Ethnicity</b>						
White	67.5	3.5	40.2	5.9	54.2	3.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	72.8	6.5	45.9	13.6	59.0	8.1
<b>Grade</b>						
6	—	—	—	—	—	—
7	69.3	3.3	40.3	6.9	55.1	4.5
8	65.6	5.1	41.6	6.1	53.9	4.2
<b>Total</b>	67.7	3.6	40.9	6.1	54.7	3.8
<b>Were hurt in a physical fight</b>						
<b>Race/Ethnicity</b>						
White	10.3	1.8	4.7	1.4	7.6	1.2
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	13.9	5.9	11.7	9.2	12.7	5.1
<b>Grade</b>						
6	—	—	—	—	—	—
7	12.2	2.7	3.9	2.0	8.1	1.6
8	9.1	2.0	5.9	2.5	7.6	1.3
<b>Total</b>	10.7	1.8	5.1	1.5	8.0	1.3

\*For example, a gun, knife, or club.

†Had to be treated by a doctor or nurse.

§95% confidence interval.

¶Non-Hispanic.

\*\*Not available.

**Table 5d. Percentage of Middle School Students Who Had Ever Seriously Thought About Killing Themselves, Who Had Ever Made a Plan About How To Kill Themselves, and Who Had Ever Tried To Kill Themselves, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Seriously thought about killing themselves</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	13.3	1.4	26.9	5.3	20.0	2.8
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	16.3	5.1	29.8	8.8	23.1	5.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	13.3	2.9	24.9	6.0	18.9	3.6
8	14.1	3.4	29.7	5.7	21.8	3.1
<b>Total</b>	13.7	1.4	27.1	5.1	20.3	2.7
<b>Made a plan about how to kill themselves</b>						
<b>Race/Ethnicity</b>						
White	9.2	2.5	16.1	4.4	12.6	2.5
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	12.1	3.6	16.4	7.5	15.5	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	8.1	2.3	12.0	3.1	10.0	1.9
8	11.0	3.9	20.3	5.9	15.6	3.6
<b>Total</b>	9.5	2.4	16.1	4.1	12.8	2.4
<b>Tried to kill themselves</b>						
<b>Race/Ethnicity</b>						
White	5.1	1.5	11.8	3.1	8.3	1.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	3.2	2.2	15.6	10.5	10.7	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	4.6	1.4	10.2	3.2	7.3	1.9
8	5.5	2.7	13.6	3.6	9.5	2.4
<b>Total</b>	5.0	1.4	12.2	2.9	8.6	1.6

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.

<sup>§</sup>Not available.

**Table 6d. Percentage of Middle School Students Who Had Ever Smoked Cigarettes, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Lifetime cigarette use<sup>†</sup></b>						
<b>Race/Ethnicity</b>						
White <sup>§</sup>	27.3	3.7	28.7	5.8	28.1	4.2
Black <sup>§</sup>	— <sup>¶</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	33.6	11.4	33.3	11.2	33.3	7.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	23.3	4.3	24.4	5.7	23.9	3.9
8	32.4	4.9	33.4	7.2	32.9	4.9
<b>Total</b>	27.7	3.6	29.1	5.6	28.5	4.0
<b>Lifetime daily cigarette use<sup>**</sup></b>						
<b>Race/Ethnicity</b>						
White	5.1	2.0	5.8	2.6	5.5	1.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	8.3	2.4	14.7	11.9	12.1	6.3
<b>Grade</b>						
6	—	—	—	—	—	—
7	3.8	1.9	2.5	1.5	3.2	1.3
8	7.0	3.1	9.7	3.6	8.4	2.4
<b>Total</b>	5.4	2.0	6.4	2.4	5.9	1.7

\*95% confidence interval.

<sup>†</sup>Ever tried cigarette smoking, even one or two puffs.<sup>§</sup>Non-Hispanic.<sup>¶</sup>Not available.<sup>\*\*</sup>Ever smoked at least one cigarette every day for 30 days.

**Table 7d. Percentage of Middle School Students Who Smoked Cigarettes, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Current cigarette use<sup>†</sup></b>						
<b>Race/Ethnicity</b>						
White <sup>§</sup>	7.8	2.2	8.7	3.5	8.4	2.3
Black <sup>§</sup>	— <sup>¶</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	8.6	3.3	16.8	7.5	12.8	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	5.0	2.0	6.2	3.1	5.6	2.2
8	10.5	3.8	11.8	4.2	11.2	2.9
<b>Total</b>	7.8	2.2	9.2	3.2	8.7	2.2
<b>Current frequent cigarette use<sup>**</sup></b>						
<b>Race/Ethnicity</b>						
White	2.1	1.3	2.1	1.6	2.1	1.2
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	3.4	2.1	5.3	6.1	4.6	3.4
<b>Grade</b>						
6	—	—	—	—	—	—
7	0.7	0.6	0.9	0.9	0.8	0.7
8	3.5	2.4	3.4	2.6	3.5	2.0
<b>Total</b>	2.2	1.2	2.4	1.6	2.3	1.2

\*95% confidence interval.

<sup>†</sup>Smoked cigarettes on  $\geq 1$  of the 30 days preceding the survey.<sup>§</sup>Non-Hispanic.<sup>¶</sup>Not available.<sup>\*\*</sup>Smoked cigarettes on  $\geq 20$  of the 30 days preceding the survey.

**Table 8d. Percentage of Middle School Students Who Used Smokeless Tobacco,\* Smoked Cigars,† and Used Any Tobacco Product,§ by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>¶</sup> (±)	%	CI (±)	%	CI (±)
<b>Current smokeless tobacco use</b>						
<b>Race/Ethnicity</b>						
White**	3.7	1.3	2.9	1.1	3.3	1.0
Black**	— <sup>††</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	6.1	3.6	5.5	7.4	6.0	4.7
<b>Grade</b>						
6	—	—	—	—	—	—
7	4.5	1.8	1.9	1.1	3.3	1.1
8	3.1	1.5	3.6	1.6	3.3	1.0
<b>Total</b>	3.9	1.2	3.1	1.0	3.5	0.9
<b>Current cigar use</b>						
<b>Race/Ethnicity</b>						
White	5.5	1.8	3.3	1.3	4.5	1.0
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	4.1	2.8	8.3	8.6	6.5	5.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	4.3	2.4	2.4	1.4	3.4	1.7
8	6.6	2.8	4.3	1.8	5.6	1.5
<b>Total</b>	5.5	1.8	3.6	1.2	4.7	1.1
<b>Current tobacco use</b>						
<b>Race/Ethnicity</b>						
White	11.0	2.2	10.4	3.2	10.8	2.0
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	10.7	3.5	18.6	7.6	14.7	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	9.6	3.2	7.5	3.2	8.6	2.3
8	12.5	3.7	13.8	3.9	13.2	2.5
<b>Total</b>	11.1	2.2	10.9	2.8	11.0	1.9

\*Used chewing tobacco, snuff, or dip on  $\geq 1$  of the 30 days preceding the survey.†Smoked cigars, cigarillos, or little cigars on  $\geq 1$  of the 30 days preceding the survey.§Reported current cigarette use, current cigar use, or had used chewing tobacco, snuff, or dip on  $\geq 1$  of the 30 days preceding the survey.

¶95% confidence interval.

\*\*Non-Hispanic.

††Not available.



**Table 9d. Percentage of Middle School Students Who Had Ever Had a Drink of Alcohol,\* Who Had Ever Used Marijuana, and Who Had Ever Used Cocaine,† by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>§</sup> (±)	%	CI (±)	%	CI (±)
<b>Lifetime alcohol use</b>						
<b>Race/Ethnicity</b>						
White <sup>¶</sup>	38.9	4.8	36.7	6.7	37.9	5.4
Black <sup>†</sup>	— <sup>**</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	49.3	10.1	40.0	12.9	44.7	8.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	30.9	4.4	28.4	5.9	29.8	4.4
8	47.9	6.2	45.2	8.4	46.7	6.1
<b>Total</b>	39.3	4.5	36.8	6.5	38.2	5.2
<b>Lifetime marijuana use</b>						
<b>Race/Ethnicity</b>						
White	18.2	2.7	11.8	3.7	15.1	2.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	20.0	6.7	16.4	8.7	18.4	5.6
<b>Grade</b>						
6	—	—	—	—	—	—
7	12.7	3.0	6.4	2.6	9.7	2.2
8	24.4	2.9	17.6	4.6	21.1	3.6
<b>Total</b>	18.4	2.7	12.1	3.3	15.4	2.8
<b>Lifetime cocaine use</b>						
<b>Race/Ethnicity</b>						
White	6.4	1.4	5.9	2.6	6.2	1.4
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	8.8	5.4	8.2	8.0	8.7	5.2
<b>Grade</b>						
6	—	—	—	—	—	—
7	5.4	1.4	4.4	2.6	4.9	1.7
8	7.8	2.4	7.1	3.3	7.6	1.6
<b>Total</b>	6.4	1.3	6.1	2.3	6.3	1.3

\*Ever had a drink of alcohol, other than a few sips.

†Ever used any form of cocaine (e.g., powder, “crack,” or “freebase”).

§95% confidence interval.

¶Non-Hispanic.

\*\*Not available.

**Table 10d. Percentage of Middle School Students Who Had Ever Used Inhalants\* and Who Had Ever Used Steroids, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>†</sup> (±)	%	CI (±)	%	CI (±)
<b>Lifetime inhalant use</b>						
<b>Race/Ethnicity</b>						
White <sup>§</sup>	11.5	2.8	13.5	4.7	12.4	3.2
Black <sup>§</sup>	— <sup>¶</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	15.9	6.3	13.7	4.7	14.9	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	12.5	3.5	11.5	4.9	12.0	3.6
8	10.4	3.3	15.0	6.3	12.6	3.4
<b>Total</b>	11.7	2.5	13.5	4.6	12.6	3.0
<b>Lifetime steroid use</b>						
<b>Race/Ethnicity</b>						
White	3.3	1.6	2.7	1.3	3.0	1.0
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	5.9	4.1	5.7	5.3	6.0	3.1
<b>Grade</b>						
6	—	—	—	—	—	—
7	3.2	1.9	3.0	2.2	3.1	1.5
8	3.8	1.7	2.3	1.5	3.1	1.2
<b>Total</b>	3.4	1.5	2.9	1.2	3.2	1.0

\*Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high.

†95% confidence interval.

§Non-Hispanic.

¶Not available.

**Table 11d. Percentage of Middle School Students Who Had Initiated Drug-Related Behaviors Before Age 11 Years, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Smoked a whole cigarette before age 11 years</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	6.8	1.9	5.6	2.2	6.2	1.6
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	13.3	8.1	11.4	5.1	12.4	4.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	6.7	2.5	5.2	2.6	6.0	2.0
8	7.8	2.6	6.1	2.6	6.9	2.2
<b>Total</b>	7.3	1.8	6.0	2.2	6.6	1.6
<b>Had first drink of alcohol before age 11 years<sup>†</sup></b>						
<b>Race/Ethnicity</b>						
White	14.5	3.1	11.9	3.6	13.3	3.1
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	28.7	8.0	16.6	9.1	22.9	6.7
<b>Grade</b>						
6	—	—	—	—	—	—
7	15.1	3.4	12.4	4.7	13.8	3.6
8	15.1	3.7	11.5	4.1	13.3	3.5
<b>Total</b>	15.0	2.9	12.2	3.6	13.7	3.0
<b>Tried marijuana before age 11 years</b>						
<b>Race/Ethnicity</b>						
White	3.3	1.2	1.4	1.4	2.4	1.1
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	0.6	1.3	4.7	5.7	2.6	2.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	3.4	1.9	1.1	0.9	2.2	1.2
8	2.9	1.5	1.8	1.9	2.4	1.2
<b>Total</b>	3.2	1.1	1.6	1.3	2.4	1.0

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.

<sup>§</sup>Not available.

<sup>†</sup>Other than a few sips.

**Table 12d. Percentage of Middle School Students Who Had Engaged in Sexual Behaviors, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Ever had sexual intercourse</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	14.4	2.7	9.3	2.8	11.9	2.2
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	17.2	6.2	19.0	10.0	17.7	6.2
<b>Grade</b>						
6	—	—	—	—	—	—
7	13.2	3.3	8.6	3.1	10.9	2.6
8	16.6	3.6	11.4	3.5	14.0	2.3
<b>Total</b>	14.9	2.5	10.2	2.8	12.5	2.2
<b>Had first sexual intercourse before age 11 years</b>						
<b>Race/Ethnicity</b>						
White	3.9	1.6	2.2	1.0	3.0	0.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	2.9	2.8	3.8	2.7	3.3	1.6
<b>Grade</b>						
6	—	—	—	—	—	—
7	4.3	2.2	2.4	1.1	3.4	1.4
8	3.9	2.3	2.0	1.5	2.9	1.4
<b>Total</b>	4.0	1.5	2.4	0.9	3.2	0.9
<b>Had ≥ 3 sex partners</b>						
<b>Race/Ethnicity</b>						
White	5.7	1.6	2.8	1.7	4.2	1.1
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	8.0	4.1	5.1	6.2	6.5	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	4.2	2.0	2.2	1.4	3.2	1.1
8	7.8	2.6	3.4	2.4	5.6	1.5
<b>Total</b>	5.9	1.6	3.1	1.5	4.5	1.1

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.<sup>§</sup>Not available.

**Table 13d. Percentage of Middle School Students Who Had Used a Condom During Last Sexual Intercourse\* and Who Had Ever Been Taught About Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection in School, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI†(±)	%	CI (±)	%	CI (±)
<b>Used condom during last sexual intercourse</b>						
<b>Race/Ethnicity</b>						
White§	72.2	9.1	— <sup>‡</sup>	—	73.3	6.3
Black§	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	—	—	—	—	—	—
<b>Grade</b>						
6	—	—	—	—	—	—
7	—	—	—	—	74.0	6.9
8	—	—	—	—	69.4	7.7
<b>Total</b>	72.4	7.9	68.9	10.0	70.9	5.9
<b>Had been taught in school about AIDS or HIV infection</b>						
<b>Race/Ethnicity</b>						
White	73.0	4.7	73.6	3.7	73.4	3.8
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	71.4	9.8	74.9	8.4	73.4	6.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	63.0	8.5	64.8	6.2	63.9	6.6
8	83.1	4.1	83.0	5.7	83.1	4.6
<b>Total</b>	73.1	4.5	73.6	3.6	73.4	3.7

\*Among the 12.5% of students who ever had sexual intercourse.

†95% confidence interval.

§Non-Hispanic.

<sup>‡</sup>Not available.

**Table 14d. Percentage of Middle School Students Who Had Participated in Sufficient Vigorous Physical Activity,\* Who Had Played on Any Sports Teams,† and Who Had Watched  $\geq 3$  Hours per Day of TV,§ by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>¶</sup> ( $\pm$ )	%	CI ( $\pm$ )	%	CI ( $\pm$ )
<b>Participated in sufficient vigorous physical activity</b>						
<b>Race/Ethnicity</b>						
White**	72.0	4.2	72.7	2.9	72.2	2.8
Black**	— <sup>††</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	74.3	9.7	66.3	9.8	70.6	6.5
<b>Grade</b>						
6	—	—	—	—	—	—
7	70.4	4.4	72.1	4.6	71.3	3.8
8	74.6	5.6	73.3	5.7	73.8	4.2
<b>Total</b>	72.0	4.2	72.6	2.8	72.2	2.8
<b>Played on any sports teams</b>						
<b>Race/Ethnicity</b>						
White	71.5	3.1	73.1	3.7	72.2	2.9
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	70.4	10.1	61.4	7.4	66.4	5.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	73.3	4.0	73.3	4.2	73.2	3.7
8	69.6	3.9	72.3	7.0	70.9	4.3
<b>Total</b>	71.4	2.9	72.6	4.0	72.0	3.0
<b>Watched <math>\geq 3</math> hours per day of TV</b>						
<b>Race/Ethnicity</b>						
White	36.2	3.3	26.7	3.1	31.6	2.5
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	42.6	6.7	28.4	13.0	36.5	7.6
<b>Grade</b>						
6	—	—	—	—	—	—
7	36.3	5.3	29.3	4.3	32.9	3.5
8	35.9	4.3	25.1	3.7	30.6	3.0
<b>Total</b>	36.2	3.2	27.3	2.9	32.0	2.4

\*Exercised or participated in physical activities that made them sweat and breathe hard for  $\geq 20$  minutes on  $\geq 3$  of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

†Run by their school or community groups.

§On an average school day.

¶95% confidence interval.

\*\*Non-Hispanic.

††Not available.

**Table 15d. Percentage of Middle School Students Who Were Enrolled in Physical Education (PE) Class\* and Attended PE Class Daily,<sup>†</sup> by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>§</sup> (±)	%	CI (±)	%	CI (±)
<b>Were enrolled in PE class</b>						
<b>Race/Ethnicity</b>						
White <sup>¶</sup>	79.3	7.4	78.9	7.2	79.1	7.0
Black <sup>†</sup>	— <sup>**</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	73.0	12.6	78.2	15.3	75.7	11.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	79.5	7.0	83.4	7.4	81.4	6.7
8	78.2	9.1	74.0	8.6	76.2	8.5
<b>Total</b>	79.1	7.1	78.9	7.1	79.1	6.9
<b>Attended PE class daily</b>						
<b>Race/Ethnicity</b>						
White	15.9	8.7	13.6	8.2	14.8	8.4
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	13.1	8.5	7.4	4.8	10.1	5.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	16.4	8.7	14.8	8.7	15.7	8.3
8	15.2	9.5	12.9	9.3	14.1	9.2
<b>Total</b>	15.8	8.3	13.7	8.3	14.8	8.3

\*On one or more days in an average week when they were in school.

<sup>†</sup>5 days in an average week when they were in school.

<sup>§</sup>95% confidence interval.

<sup>¶</sup>Non-Hispanic.

<sup>\*\*</sup>Not available.

**Table 16d. Percentage of Middle School Students Who Were at Risk for Becoming\* or Were Overweight,<sup>†</sup> by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI <sup>§</sup> (±)	%	CI (±)	%	CI (±)
<b>At risk for becoming overweight</b>						
<b>Race/Ethnicity</b>						
White <sup>¶</sup>	18.5	3.1	16.5	3.7	17.5	2.5
Black <sup>†</sup>	— <sup>**</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	18.3	7.1	21.5	7.7	19.9	5.1
<b>Grade</b>						
6	—	—	—	—	—	—
7	18.6	2.9	16.2	4.8	17.5	3.2
8	18.4	4.2	16.8	3.7	17.7	2.6
<b>Total</b>	18.4	3.0	16.5	3.4	17.5	2.3
<b>Overweight</b>						
<b>Race/Ethnicity</b>						
White	15.9	3.4	8.4	2.3	12.3	2.4
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	27.4	7.3	10.3	6.1	18.9	5.5
<b>Grade</b>						
6	—	—	—	—	—	—
7	20.2	4.3	11.0	3.5	15.9	2.9
8	12.7	3.2	6.3	2.9	9.6	2.3
<b>Total</b>	16.2	3.3	8.6	2.2	12.6	2.3

\*Students who were  $\geq$  85th percentile but  $<$  95th percentile for body mass index, by age and sex, based on reference data.

<sup>†</sup>Students who were  $\geq$  95th percentile for body mass index, by age and sex, based on reference data.

<sup>§</sup>95% confidence interval.

<sup>¶</sup>Non-Hispanic.

<sup>\*\*</sup>Not available.



**Table 17d. Percentage of Middle School Students Who Described Themselves as Slightly or Very Overweight and Who Were Trying To Lose Weight, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Described themselves as overweight</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	25.9	2.8	34.5	2.9	30.1	1.8
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	33.5	9.1	36.7	10.2	34.8	6.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	28.2	3.7	36.7	5.0	32.4	3.2
8	23.9	4.1	33.4	4.9	28.5	3.1
<b>Total</b>	26.0	2.7	35.0	2.9	30.4	1.8
<b>Were trying to lose weight</b>						
<b>Race/Ethnicity</b>						
White	32.7	3.1	57.1	4.0	44.5	3.1
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	43.3	8.9	55.2	10.0	48.9	8.5
<b>Grade</b>						
6	—	—	—	—	—	—
7	35.0	4.9	55.4	4.3	45.0	3.3
8	31.1	3.5	58.9	5.9	44.7	3.7
<b>Total</b>	33.1	3.0	57.3	3.8	44.8	3.0

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.

<sup>§</sup>Not available.

**Table 18d. Percentage of Middle School Students Who Had Ever Engaged in Healthy Behaviors Associated with Weight Control To Lose Weight or To Keep from Gaining Weight, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	29.9	3.9	60.2	3.1	44.6	2.4
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	32.3	9.7	58.8	14.8	45.2	7.8
<b>Grade</b>						
6	—	—	—	—	—	—
7	33.0	4.9	57.8	5.0	45.0	3.7
8	26.8	5.5	63.1	4.7	44.5	2.4
<b>Total</b>	29.9	3.6	60.3	3.1	44.7	2.4
<b>Exercised to lose weight or to keep from gaining weight</b>						
<b>Race/Ethnicity</b>						
White	56.2	3.8	77.1	2.7	66.3	2.2
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	57.6	10.6	71.9	8.8	65.2	7.6
<b>Grade</b>						
6	—	—	—	—	—	—
7	57.9	4.9	73.5	2.9	65.4	2.8
8	54.2	5.2	80.9	3.5	67.3	2.8
<b>Total</b>	56.2	3.6	77.0	2.5	66.3	2.1

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.<sup>§</sup>Not available.

**Table 19d. Percentage of Middle School Students Who Had Ever Engaged in Unhealthy Behaviors Associated with Weight Control To Lose Weight or To Keep from Gaining Weight, by Sex, Race/Ethnicity, and Grade—Maine, Middle School Youth Risk Behavior Survey, 2003**

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
<b>Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight</b>						
<b>Race/Ethnicity</b>						
White <sup>†</sup>	11.0	3.1	26.7	5.9	18.7	3.7
Black <sup>†</sup>	— <sup>§</sup>	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	16.1	6.3	19.7	8.3	17.5	5.9
<b>Grade</b>						
6	—	—	—	—	—	—
7	12.2	2.9	23.0	4.4	17.5	3.1
8	10.5	3.5	30.5	8.5	20.4	4.6
<b>Total</b>	11.3	2.8	26.7	6.0	18.9	3.6
<b>Took diet pills, powders, or liquids to lose weight or to keep from gaining weight<sup>¶</sup></b>						
<b>Race/Ethnicity</b>						
White	4.0	1.5	9.7	2.7	6.8	1.5
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	5.4	3.8	7.6	6.5	6.4	4.0
<b>Grade</b>						
6	—	—	—	—	—	—
7	3.0	1.4	7.5	2.2	5.2	1.5
8	4.9	3.0	11.8	3.4	8.3	2.2
<b>Total</b>	4.1	1.4	9.6	2.5	6.8	1.4
<b>Vomited or took laxatives to lose weight or to keep from gaining weight</b>						
<b>Race/Ethnicity</b>						
White	3.8	1.0	10.0	3.2	6.8	1.7
Black	—	—	—	—	—	—
Hispanic	—	—	—	—	—	—
Other	5.2	2.7	13.2	11.2	9.0	6.5
<b>Grade</b>						
6	—	—	—	—	—	—
7	3.3	1.9	8.4	4.1	5.8	2.4
8	4.4	1.7	11.8	3.8	8.0	1.9
<b>Total</b>	3.8	1.0	10.1	3.0	6.9	1.6

\*95% confidence interval.

<sup>†</sup>Non-Hispanic.

<sup>§</sup>Not available.

<sup>¶</sup>Without a doctor's advice.